

The Pregnancy Pantry

Fresh Rx Weekly Newsletter Vol. 22



FRESH RX FOR MOMS
FOR MOTHERS-TO-BE ON MEDICAID



FRESH. LOCAL. LIVELY.

Gut Microbiota

What is it?

The bacteria that lives in your intestinal tract that is essential for human metabolism and immunity.

Why is it important during pregnancy?

The development of our gut microbiome actually begins before birth and is impacted by maternal diet. Gut microbiome impacts brain development, immune function, and gut health of pregnant women and their baby and has been linked to long term health.

Factors that impact gut microbiome

Maternal Diet

Genetics

Diet (breastfeeding vs formula)

Antibiotic use

Environment

Mode of birth (c-section vs vaginal delivery)

Tips to improve your gut bacteria



**Eat high fiber foods
(fruits, veggies,
whole grains, beans,
legumes)**



**Eat prebiotics
and probiotics
(yogurt, garlic,
soybeans)**



**Eat a fermented
foods (kimchi,
tofu,
sauerkraut)**



**Try to
breastfeed
at least 6
months**

Seasonal Recipe



Apple Coleslaw

Servings: 4 Prep time: 10 min Cook time: 0 mins

INGREDIENTS

2 cups of cabbage, shredded

1 medium carrot, grated

1/2 green bell pepper, diced

1 apple, chopped

5 tablespoons plain yogurt

1 teaspoon lemon juice

1/4 teaspoon fresh dill, minced

DIRECTIONS

- 1. Wash cabbage and cut into fine shreds.**
- 2. Peel the carrot and grate with a grater or peeler.**
- 3. Dice green pepper into small pieces.**
- 4. Cut apple and remove core. Chop apple into small pieces.**
- 5. Put yogurt, lemon juice, and dill into a small bowl. Whisk together until combined.**
- 6. Put cabbage, carrot, green pepper, and apple into a large mixing bowl. Top with dressing and toss until well combined.**

FreshRx for Mothers-to-Be provides pregnant women with Medicaid \$24 each week to buy fresh fruits and vegetables at the Franklin County Farmers Market. To learn more, stop by the Market on Tuesdays or Saturdays, 8:30 am - 12 noon, or visit www.fcmarket.org.

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